

Autoregulatory Bodyweight Workout

Objective: Complete as many full range of motion repetitions per exercise as you can in one minute. Rest 2 minutes between each exercise. After you have completed one round of A1-A4, start over and try to get the same number of repetitions as you did the first round. Keep performing the exercises until you can no longer reach the same number of reps. Keep track of the number of completed reps/sets each time you perform this workout.

Exercise	Repetitions	Technique
A1: Max Pushups in 60s	N	Arms locked at top for ½ second. Chest touches ground or upper arms parallel to floor at bottom. Keep angle at armpits 45 degrees or less.
A2: Max Body Squats in 60s	N	Butt to heels (mobility dependent) at bottom. No bouncing. Torso remains as vertical as possible. Legs extended at top. Hindu Squats permitted.
A3: Max Pull-Ups in 60s	N	Arms fully extended with 1 one thousand pause at the bottom. Chin above bar. No kipping!!
A4:Max Sit-ups in 60s	N	Feet anchored. Shoulder blades touch the ground at the bottom. Arms across chest or swing overhead. Torso vertical (perpendicular to floor) at top.